To make an appointment, visit https://communityhealth.youcanbook.me/, or call 503-725-9210.

Name: ________________________     Student ID: _____________     Catalog Year: _______

HEALTH STUDIES: PHYSICAL ACTIVITY & EXERCISE CONCENTRATION

CORE COURSE: (32 CREDITS)     SUBSTITUTION

- STAT 243 NB or LS
- PHE 250 Our Community, Our Health
- PHE 295 Health Promotion & Disease Prevention
- PHE 350 Health & Health Systems
- PHE 443 Environmental Health
- PHE 450 Epidemiology (pre-req STAT 243)
- PHE 404 Internship (8 credits)

Students must complete ALL of the following (36 credits):

- BIO 301 Human Anatomy/Physiology
- BIO 302 Human Anatomy/Physiology
- BIO 303 Human Anatomy/Physiology
- PHE 370 Applied Kinesiology
- PHE 325U Nutrition
- PHE 456 Health Aspects of Aging
- PHE 473 Exercise Physiology
- PHE 474 Exercise Prescription
- PHE 475 Exercise Testing Techniques

1 May be substituted with a 200-level Human Anatomy/Physiology sequence
2 First term of Human Anatomy/Physiology sequence required
3 First two terms of Human Anatomy/Physiology sequence required
4 PHE 473 required
5 PHE 473 and PHE 474 required

Students must also complete ONE of the following (4 credits):

- PHE 471 Program Planning/Evaluation in Health OR PHE 448 Health Ed. Teaching Techniques & Strategies

Electives (16 credits of any PHE elective or approved course related to health):

____________________________________
____________________________________

*Must have 180 credits to graduate of which 72 must be upper division.
*C- or higher is required for all required coursework.*
UNIVERSITY STUDIES
(www.pdx.edu/unst)
Transfer students who have earned less than 30 credits must complete all of the Freshman Inquiry coursework. The upper division cluster must follow one of the Sophomore Inquiry classes. Transfer students with 90+ credits may complete any cluster. All 3 cluster courses must be from the same cluster. PHE courses cannot be used to fulfill a cluster. All students must complete a 6 credit Capstone.

FRESHMAN INQUIRY
UNST __________
UNST __________
UNST __________

SOPHOMORE INQUIRY
UNST __________
UNST __________
UNST __________
30-59 credits = 3 SINQ courses
60-74 credits = 2 SINQ courses
75-89 credits = 1 SINQ course

UPPER DIVISION CLUSTER
______________________U
______________________U
______________________U

CAPSTONE (6 credits)
___________

BACHELOR OF SCIENCE
Sciences (12 credits, 8 must have a lab)
__________________
__________________ ____________Lab
__________________ ____________Lab

Arts and/or Social Sciences (12 credits)
__________________
__________________

Math (4 credits)
__________________

BACHELOR OF ARTS
Arts and Letters (12 credits, 4 must be Fine & Performing Arts)
__________________
__________________
__________________

Arts and/or Social Sciences (12 credits)
__________________
__________________

Sciences, Math (4 credits)
__________________

Social Science, Sciences, Math (8 credits)
__________________

Foreign Language (203 or higher, 4 credits)
__________________

Writing Requirement
Students admitted having earned 30-89 credits need writing 121 and SINQ coursework, as determined by credit placement. Students admitted having earned 90 or more credits meet the requirement with WR 121, plus an additional course from the following list: WR 211, 222, 227, 300, 323, 327, 333, 420 or a 4 credit Writing Intensiv Course (WIC).

WR 121 __________
Additional Writing Course __________

http://www.pdx.edu/sch/undergraduate-program